

PECTANT MOTHERS

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ey, Sask.—"I took the... mpond before my last... when I got to feeling so... uld not sleep nights, my... across my hips, and I... y work during the day... ch an easy confinement... sixth baby. I read about... ham's Vegetable Com-... Farmer's Telegram' and... one of your books. We... t in our town, but I saw... n T. Eaton's catalogue...

's wife, so have all kinds... inside and outside the... ay as a new healthy girl... ese pounds at birth. I... after putting in a large... aby came. (She is as... e.) Yours is the best... omen, and I have told... ven written to my friends... RA. ANNIE E. AYARS, ... Sask.

nkham's Vegetable Com-... xcellent medicine for ex-... e, and should be taken... e period. It has a gen-... tness and tone up the... o so that it may work in... s nature intends. All... this dependable medicine.

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l profession should in-... that won't wear... t gets the bill.

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The Road To Better Health

INSOMNIA

By DR. W. J. SCHOLLES

Note: Dr. Scholles will answer such health questions in these columns as will be of interest to others and permissible in public print. Personal questions will be answered only when accompanied by self-addressed and stamped envelope. Address Dr. W. J. Scholles, in care of The Durham Chronicle.

Many apparently healthy people are troubled with insomnia. It is not always easy to locate the cause in any individual case. Even though one regards himself as perfectly healthy, careful examination may reveal the beginning of disease. The abnormal wakefulness may be a symptom of faulty functioning of one or more organs. When this is the case, the treatment of the insomnia is the treatment of the abnormal condition on which it is based.

If no disease is present, the habits should be carefully investigated. Some people are wakeful because they indulge in tea or coffee, or use too much tobacco near bedtime. These sometimes result in a nervous stimulation that makes sleep impossible. Much mental effort during the evening may also make the mind too active for sleep.

Late Meal a Cause

The cause sometimes consists in eating too heartily a short time before going to bed. This is especially likely to be true if there is any tendency to digestive disturbances. On the other hand, some people have difficulty in sleeping if they are hungry. In such cases, a glass of milk and a cracker, taken at bedtime, is all that is needed.

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HEALTH QUESTIONS AND ANSWERS

Eyelashes Turn In

Mrs. W. D. writes: "My lower eyelid seems to be turned in so that the eyelashes grow into the eye. The eye is always sore because the eyelashes keep scratching it. Sometimes I can pull some of the lashes out, but they grow back again. Is there anything I can do to stop them from growing like this?"

Reply

This can be corrected by an operation on the eyelid.

If you object to this little operation, you can have the lashes pulled out when they bother you. Or, you can draw down the eyelid with a piece of adhesive tape so that the lid margin will be kept turned out and the lashes kept from scratching the eye. Operation is the best.

They Probably Can't Swim the Channel

J. M. writes: "I had a young man staying with me and found out that he had lice. I have been trying to get rid of them ever since by catching and killing them, and washing my clothes in boiling water. I am an Englishman and never knew what lice were until I came here. Would you please tell me what to do to get rid of them?"

Reply

The clothing should be boiled, baked or gone over with a hot iron. Lice live in the seams of clothing. Treat the bed clothing in the same way as wearing apparel. The body should be thoroughly scrubbed with soap and hot water. As a preventive, the clothing should be dusted once a week with washed sulphur. Be sure that the sulphur is distributed along the seams. Sprinkle sulphur in the bed-

CALEDON MOUNTAIN ROAD TO BE IMPROVED

Road Is to Be Put Straight Through.

The dangerous part of the Centre Road known as Caledon Mountain and the scene of many motor accidents is going to be changed. Instead of the present twisting roadway, a new road will be cut through the hill and the grades consider-

ably lessened. The trees and brush have been cleared away, and a huge steam shovel started work on Monday morning. It is expected three months will be required to complete the job. The McLean Company, Toronto, have the contract.

"Look, papa," said the garage-man's daughter, when she saw the dachshund, "what a long wheel-base that dog has."

clothing. Rooms which may harbor lice should be thoroughly cleaned by washing the walls with a 5 per cent solution of carbolic acid. Kerosene will kill lice in the hair. Leave it on all night. But keep away from open flames! Vinegar will dissolve the nits.

To Purify Water

R. G. S. asks: "Will you tell me what it is that can be put into water to purify it? Someone has told me that there is something that one can carry on trips that you can use in water when you don't know whether it is pure or not."

Reply

Halazone tablets are used for this purpose. They liberate chlorin in the water. Your druggist can supply them.

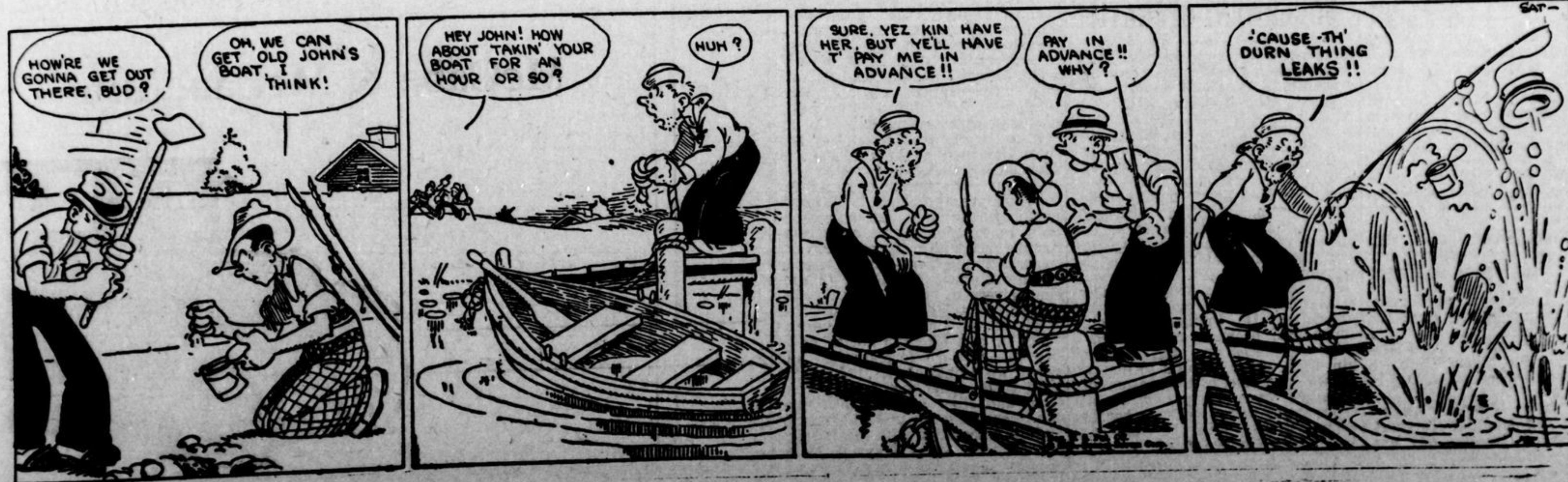
Heart Beats Too Fast

A. B. P. writes: "I am 20 years old and seem to be in fairly good health. But my heart beats too fast. It beats 90 times a minute, and it beats that fast even when I am not exercising. What would cause it to beat so fast?"

Reply

Some people normally have a more rapid heart action than others. Any weakness in the heart muscle may cause the heart to beat fast. It makes up in the number of beats the power that it lacks in each beat. The weakness of the muscle may be caused by infection or valvular disease. Over-activity of the thyroid often causes a rapid heart. Fever, such as that occurring in tuberculosis and the toxins of some diseases, may increase the number of beats. Tobacco or coffee may be the cause.

THE FAMILY NEXT DOOR



Cross-Canada Happenings As Told By Wire

News From Halifax to Vancouver Boiled Down and tersely Told

The Journal-Bulletin of Port Hawkesbury, a weekly newspaper published there for the past thirty-five years, has suspended publication.

After some delay, occasioned through failure to secure a suitable location, arrangements are now virtually complete for the establishment of another oil refinery at Edmonton.

Vince Motie, a Belgian, killed his wife at their home in Frank, Alta., Saturday and committed suicide. Motie's mother was an eye-witness to the tragedy. No motive is known. Motie was a miner.

Nelson Nickerson, of Trenton, N.S., who suffered a fractured skull on Dominion Day, when he was thrown from a car in which he was motoring to Sydney, his former home, died in the hospital in Antigonish, N. S.

Mrs. M. F. Winters, of Lunenburg, N.S., was elected Provincial Grand Mistress of the Grand Lodge of the Loyal True Blue Association of Nova Scotia, which has just concluded its annual session in New Glasgow, N. S.

Fifty delegates including men prominent in the fishing industry throughout Canada and the United States are expected in Halifax, N.S., to attend the three day session of the Canadian Fisheries Association.

Following a brief break in the weather during the last week, high temperatures are parching British Columbia forests and creating a fire situation which is causing serious alarm to officials of the Provincial Forest Service.

Assault charges preferred against three Clover Bar miners in connection with the present strike in the Edmonton coal fields were adjourned until Monday at a session of the Provincial Police Court on Friday. No evidence was taken.

Commutation of sentence to life imprisonment has been granted by Governor-in-Council in the case of John Kollesavich, sentenced to hang at Lethbridge, Alta., on Tuesday, for the murder of J. H. Calkins at Wash, Alta. The murder took place on March 9, last.

Norman and Ruby, children of Arthur Walker, of the Colonsay District, near Saskatoon, were drowned on Friday in a slough, when Ruby lost her balance and fell from a raft on which the children were playing and dragged her brother in after her.

Much of the Alberta wheat crop is from ten to thirteen inches high in the shot blade, and generally of a beautiful, healthy color, according to a survey by the Calgary Herald correspondents which goes to make up the sixth crop report for 1925. Some of the early wheat is heading out.

Pouring forth clouds of gas and dust, shooting sandstones heavenward and roaring at intervals with the extreme pressure from the bowels of the earth, number 11 well of the Northwestern Utilities Gas Company "came in" as a big producer at Viking, Alta., on Friday afternoon.

The Nelson-Whitewater forest fire attacked a 200-foot trestle over a deep gulch almost at Whitewater, B.C., early on Saturday, but the Forest branch pumps saved it. While the fire had made progress in the direction of the Utica Mine, it is not believed the buildings are in danger. Barometric conditions indicate rain.

Citizens of Kenora and surrounding district united in welcoming Field Marshal Haig and his party on Saturday. A civic reception was extended to the distinguished visitors, following which Earl Haig was presented to more than 100 members of the Kenora Branch of the Great War Veterans' Association. An impressive memorial ceremony was held at the local cenotaph.

In its third crop report issued on Friday night, based on returns from 320 correspondents, the Manitoba Free Press states that the general crop conditions in the prairie provinces is very satisfactory. The report indicates that there will be no increase over the 1924 acreage. Large sections of Alberta and districts in Saskatchewan are in need of more moisture despite the damp weather last month.

Several delegates to the third Imperial Press Conference which will be held at Melbourne, Australia, at the end of next month, arrived in

Quebec on Saturday on the S.S. Empress of Scotland from Southampton. The purpose of the conference, stated Sir Joseph Reed, who is representing the Press Association at the Conference, is to consider the best means to be adopted in order to provide the most rapid transmission of news to all parts of the British Empire.

W. W. Goforth, B.A., has been appointed special lecturer in economics at McGill University. Mr. Goforth graduated with honors from the University of Toronto.

Approximately 50,000,000 bushels of wheat were delivered to the Saskatchewan wheat pool up to April 3, or practically half the total deliveries made from Saskatchewan up to that date, according to a report Saturday by the secretary.

After thirty-five minutes' deliberation, the petit jury in Supreme Court in Sydney, N.S., before Mr. Justice Graham, found a verdict of "Not guilty" in the case of the King Vs. Ernest Devison of Glace Bay on a charge of the theft of \$19,944.47 from the Glace Bay branch of the Royal Bank of Canada.

Samuel Fullerton, 73, foreman at the Acadia Sugar Refinery at Dartmouth, N.S., was found dead Monday morning at the foot of the elevator shaft at the plant. A coroner's jury found that death was due to skull fracture caused, it is thought, from a fall down the shaft from the fifth floor. No blame was attached to the company or equipment.

A large number of tourists were forced to flee when fire destroyed two summer cottages and several tents with their equipment and contents, and threatened for a time to wipe out an encampment of 200 tourists at Veddar Crossing and Cultus Lake, in the Fraser Valley, British Columbia, Saturday, according to word received in New Westminster.

Secrets of the archives of France, England, the United States and Canada are to come to light and a number of the interesting historic facts will be revealed as a result of the competition on the history of Canada, which has been instituted by Hon. Athanase David, Provincial Secretary, judging by the interest manifested abroad by distinguished historians.

Hon. W. R. Motherwell, Federal Minister of Agriculture, arrived in Winnipeg Saturday on his way West. Mr. Motherwell stated that he and the Hon. Charles Stewart Minister of the Interior, were meeting at Banff next week-end to discuss with several prominent Western men various Western problems. He would not state in detail what these problems were.

With airplanes of the Forestry Patrol soaring over their heads, thousands of persons massed in the streets of Calgary to see the great historical pageant celebrant, the fiftieth anniversary of the coming of the R.N.W.M.P. to Alberta. The floats, on a more ambitious scale than in any previous year, were escorted by hundreds of Indians in their war paint with cowboys and chuck wagons.

Twenty-five years ago, the Stinson Hardware Store, and several other business establishments in the town of Manor, Sask., were destroyed by a mysterious fire. Sunday, a 70-year-old man walked in-

to the office of the chief of police of Medicine Hat and confessed to a charge of arson. He was Stinson, the owner of the hardware store. Stinson has been brought back to Weyburn, Sask., where he will be charged with arson.

Three slight earth tremors, all regarded as local disturbances, were recorded on the seismograph at Dalhousie University, Halifax, one on Saturday night and two on Sunday night, according to information given out Monday morning by Dr. E. L. Bronson, head of the physics department. Saturday night's tremor occurred at 11.24 o'clock and lasted two or three seconds. Sunday night's shocks were of longer duration, the first lasting from 9.05 to 9.07 o'clock and the second from 10.15 to 10.23 o'clock.

UNION IN FLESHERTON

A peculiar position on the question of church union exists in Flesherton at the present time, the working out of which will be watched with interest. Both churches here were practically unanimous on the matter of union. The Methodist minister was exceedingly enthusiastic on the question until recently. He told his congregation that "It was God's work and was bound to come as sure as there was a God in heaven." He was a true prophet, but for a few weeks past for some reason, his enthusiasm appeared to have waned. Rev. Mr. Harrower of the Presbyterian church has always been a quiet but sturdy worker towards the same end.

Under the sanction of both ministers, a committee was appointed to draft recommendations to place before the united congregations and these recommendations were sanctioned by the members of both churches. Among these recommendations it was decided that the Methodist church and parsonage should be used and the Presbyterian minister, Rev. Mr. Harrower, called to the pulpit of the United church. This arrangement was deemed satisfactory by both congregations, and harmony has prevailed in a marked manner in both flocks who fully expected to enter into the new relations the first Sunday in July.

In the meantime, the Methodist conference met last month, and the stationing committee sent along another minister for the Methodist church here to take the place of Rev. H. H. Eaton who has gone to Unionville. The people of the Methodist church resent this action of the conference and do not feel like accepting the situation calmly, as they were not consulted through their board of managers, and their preparedness for immediate union was utterly ignored. Many of the Methodist congregation have expressed themselves in vigorous terms and state that as far as they are concerned, the actual union will take place on Sunday next, when the new Methodist minister is expected to take his charge here. There has been no explanation made as to why a minister was sent, presumably for another year, and the indignation is quite justified. The result, as we said, will be awaited with interest.—Flesherton Advance.

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